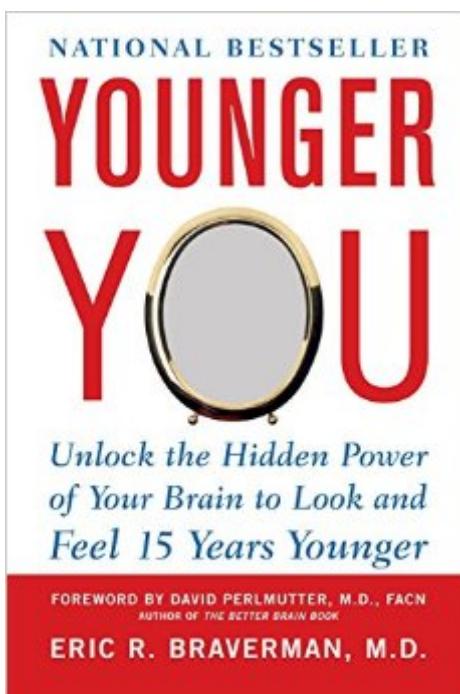


The book was found

Younger You: Unlock The Hidden Power Of Your Brain To Look And Feel 15 Years Younger



Synopsis

Break the aging code and feel 15 years youngerâ •from the inside out. "Focusing on the critical role of hormones produced by the brain, Dr. Braverman outlines a totally integrative program to restore hormonal balance and thereby restore readers to a younger, healthier, and more vital self, regardless of chronological age." --Nicholas Perricone, M.D., FACN, Bestselling author of 7 Secrets to Beauty, Health, and Longevity, The Perricone Weight-Loss Diet, The Perricone Promise, The Perricone Prescription, and The Wrinkle Cure "Younger You is an interesting and logical approach to preventing, diagnosing, and modifying the aging process.â •--Isadore Rosenfeld, M.D., Rossi Distinguished Professor of Clinical Medicine, New York Hospital Weil Cornell Medical Center, and author of Live Now, Age Later, Power to the Patient, and Doctor, What Should I Eat? "Just as Dr. Braverman says, we are only as young as our oldest part. This book is not just for us, but for our children, who can make changes to their diet and lifestyle now and reap the rewards later." --David Perlmutter, M.D., FACN, Director, Perlmutter Health Center and author of The Better Brain Book \For more information visit YoungerYouBook.com.

Book Information

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Customer Reviews

From: BasilAndSpice.comDon't we all wish to not just appear younger, but to also feel younger?Younger You promises to help the reader unlock the hidden power of your brain to look and feel 15 years younger. The author, Eric R. Braverman, M.D. is the director of the Place for Achieving Total Health (PATH) Medical Center in New York. Younger You has received positive comments from notable doctor-authors: Nicholas Perricone, Isadore Rosenfeld, and David

Perlmutter. Younger You is broken into 6 parts: 1. Your ageprint--you're only as old as your oldest part. Disease occurs in stages so catch problems early with suggested ultrasounds for proper treatment. Braverman recommends the usage of bioidentical hormones; supplementation--zinc, fish oil, and others; follow a diet rich in fruits and vegetables; exercise. This section includes ageprint quizzes to help the reader identify problems within the body and begin him on the path to wellness. 2. Your brain as the key--lack of dopamine, a brain-produced chemical, lowers energy, affecting the rest of the body. Braverman explains the correlation between the brain and obesity, offering several possibilities of solution. The seven stages of cognitive decline, the loss of GABA, and the relation of Serotonin to happiness are pointed out and effective methods to counter undesirable conditions are discussed. 3. The overworked cardiovascular system--referred to as "cardiopause" by Braverman, it is the slowing and aging of the heart. An estimated 700,000 Americans will have a heart attack this year. Braverman asserts that the condition can be reversed. The top five risk factors include family history, smoking, hypertension, diabetes, high cholesterol. 4.

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